WHAT IS CLAIMED IS:

- 1. (Currently Amended) A vehicle seat (25), particularly for a motor 1 vehicle, comprising a backrest (1), a seat part (24) and a seat base (8), the backrest (1) 2 being able to be set into a first position and into a second position by being pivotable 3 relative to the seat part (24) about a first rotary spindle (3) arranged essentially 4 transversely with respect to the main seating direction, and the seat base (8) being 5 able to be set into a third position and into a fourth position by being pivotable 6 7 relative to the seat part (24) about a second rotary spindle (10) arranged essentially transversely with respect to the main seating direction, including in the vehicle seat 8 (25) a transmission configured in such a manner that a pivoting movement of the 9 backrest (1) from the first position into the second position is coupled to a pivoting 10 movement of the seat base (8) from the third position into the fourth position. 11
 - 2. (Currently Amended) The vehicle seat (25) as claimed in claim 1, wherein the spatial region taken up by the backrest (1) in the second position at least partially overlaps the spatial region taken up by the seat base (8) in the third position.
 - 3. (Currently Amended) The vehicle seat (25) as claimed in claim 1, wherein the first and second rotary spindles (3, 10) are provided essentially parallel to each other, essentially horizontally and, in the main seating direction, essentially at opposite ends of the seat part (24).
- 4. (Currently Amended) The vehicle seat (25) as claimed in claim 1, wherein the transmission comprise a first rail (5) and a second rail (6), with, on the one hand, a fifth position of the rails (5, 6) relative to each other corresponding to the first position of the backrest (1) and the third position of the seat base (8), and, on the other hand, a sixth position of the rails (5, 6) relative to each other corresponding to the second position of the backrest (1) and the fourth position of the seat base (8).

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- 5. 1 (Currently Amended) The vehicle seat (25) as claimed in claim 4, wherein a longitudinal displacement of the rails (5, 6) relative to each other takes 2 3 place between the fifth position of the rails (5, 6) and the sixth position of the rails (5, 6). 4 6. (Currently Amended) The vehicle seat (25) as claimed in claim 4. 1 wherein the vehicle seat has locking means in such a manner that the rails (5, 6) can 2 be locked with respect to a longitudinal displacement. 3 (Currently Amended) The vehicle seat (25) as claimed in claim 4, 1 7. wherein a drive is coupled to the rails (5, 6) wherein, a setting of the rails (5, 6) from 2 their fifth position into their sixth position can be brought about. 3 8. (Currently Amended) The vehicle seat (25) as claimed in claim 7, 1 wherein the drive is one of an electric actuator, pneumatic actuator and a hydraulic 2 actuator. 3 9. (Currently Amended) The a vehicle seat (25) as claimed in claim 1, 1 wherein the setting of the backrest (1) from its first position into its second position 2 and the setting of the seat base (8) from its third position into its fourth position take 3 place at the same time. 4
- 10. (Currently Amended) The vehicle seat (25) as claimed in claim 9, 1 wherein the setting of the backrest (1) from its second position into its first position 2 and the setting of the seat base (8) from its fourth position into its third position take 3 place at the same time. 4
- 11. (New) A method for adjusting a vehicle seat including a backrest and 1 a seat base, the method comprising: 2 moving the backrest from a first position to a second position; and 3 moving the seat base from a third position to a fourth position, 4 wherein the moving of the backrest and the seat base occurs at the 5 6

same time and the vehicle seat is in a loading position.

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- 12. (New) The method for adjusting a vehicle seat of claim 11, wherein
- moving of the backrest from the second position to the first position occurs at the
- same time as moving the seat base from the fourth position to the third position, and
- 4 the vehicle seat is in a normal position.